



**BUILD  
BELONGING**



**DO THE  
RIGHT THING**



**STRIVE FOR  
EXCELLENCE**



## A Charter for Slough Schools

**We believe that emotional health and well-being is everyone's responsibility within our schools.**

Mental health is defined as: "A state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

Emotional wellbeing is defined as: "A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment."

### Charter Commitments

1. To create schools which promote an open and inclusive ethos
2. To promote equality of opportunity and mutual respect for all
3. To provide training, resources and signposting for our school communities to support their own and others' emotional health and wellbeing
4. To develop skills of resilience in staff and pupils enabling them to perform to the best of their ability and cope with the stresses and strains associated with life.
5. To work collaboratively with other Slough schools to create a network for emotional health and well-being support.

**SLOUGH SCHOOLS**

**WHERE MENTAL HEALTH MATTERS**





**BUILD  
BELONGING**



**DO THE  
RIGHT THING**



**STRIVE FOR  
EXCELLENCE**



## 1) To create schools which promote an open and inclusive ethos

### Charter Commitments

- To create schools which promote an open and inclusive ethos.
- To promote equality of opportunity and mutual respect for all.
- To provide training, resources and signposting for our school communities to support their own and others' emotional health and well-being.
- To develop skills of resilience in staff and pupils enabling them to perform to the best of their ability and cope with the stresses and strains associated with life.
- To work collaboratively with other Slough schools to create a network for emotional health and well-being support.
- We believe that rather than having a set of rigid rules or dos and don'ts it is more effective to support children in developing their own sense of what is appropriate or acceptable behaviour. We foster this through our key principles and rules- ready, respectful and safe.
- We celebrate the diversity our community has within it and build belonging through engaging in celebrating religious festivals and events. Our assemblies promote our schools' values, British values and children's rights and responsibilities

**SLOUGH SCHOOLS**

**WHERE MENTAL HEALTH MATTERS**





**BUILD  
BELONGING**



**DO THE  
RIGHT THING**



**STRIVE FOR  
EXCELLENCE**



## 2) To promote equality of opportunity and mutual respect for all

### Charter Commitments

We have high expectations of all and awareness of different needs. We have a behaviour policy which is underpinned by mutual respect and clear rules. We promote and teach a set of key principles through our assemblies and curriculum to our pupils that will ensure they develop the skills to be good citizens in the future. We ensure disadvantaged and more vulnerable pupils are supported in accessing the full range of opportunities. Our SENDCo meets with staff members regularly to review the provision in the school and to ensure we are best meeting the needs of our most vulnerable children. Through our parent pledge we will put sufficient and effective systems in place to ensure no child falls behind in English or Maths.

Our curriculum supports the development of the skills, attitudes, values and behaviour, which enable pupils to:

- Have a sense of purpose
- Value self and others
- Form relationships
- Make and act on informed decisions
- Communicate effectively
- Work with others
- Respond to challenge
- Be an active partner in their own learning
- Be active citizens within the local community
- Explore issues related to living in a democratic society
- Become healthy and fulfilled individuals

**SLOUGH SCHOOLS**

WHERE MENTAL HEALTH MATTERS





### **3) To provide training, resources and signposting for our school communities to support their own and others emotional health and wellbeing**

#### **Charter Commitments**

- We update our website to include key information, help and support. We have links on our website to information on E-Safety, safeguarding, anti-bullying, health and nutrition and how best to support children's wellbeing. We work closely with parents to ensure they are fully involved in their children's learning. We hold parent workshops to update, educate and inform parents on many areas of our curriculum. Parents have participated in mindfulness workshops and understand how best to support their children's mental health and wellbeing. We are very active on twitter and post daily sharing the learning and achievements happening in our school.
- Signposting and support available from our school Safeguarding Team and Welfare Team. We have one Designated Safeguarding Lead as well as two Deputy Designated Leads. We have two trained members of staff to carry out the ELSA programme and have trained teachers on how to deliver pastoral care to our children.
- We are currently working alongside the MHST which supports children and families through programmes designed to support children with worry management, how to manage anxiety and attachment.
- Staff are at the heart of decision making about curriculum development and are empowered to progress professionally through our well-developed CPD plan. All staff have access to an external counselling service, reduced workload through supportive planning and limited marking. We ensure displays and information around the school link to positive mental health and where to go for help and support.



**BUILD  
BELONGING**



**DO THE  
RIGHT THING**



**STRIVE FOR  
EXCELLENCE**



#### **4) To work collaboratively with other slough schools to create a network for emotional health and wellbeing support**

### **Charter Commitments**

- We work closely with Slough children services to safeguard our children. We attend lot training from the link.
- Our PSHE lead is a member the Jigsaw teacher focus group and is currently looking to develop Wexham Court into a Jigsaw Flagship school. The Wellbeing lead liaises with other schools locally to network and share resources and ideas about enhancing whole school aware of Mental Health.
- We have good links with local pre/nursery and Secondary schools. We have transition programmes in place working with Pre/Nursery schools as well as Secondary schools. A more in -depth transition programme for disadvantaged and vulnerable pupils is arranged where necessary.
- This Year we are fortunate enough to be a part of the Slough Mental Health Support Team as a link School where we will work alongside other agencies to trial projects that will support the mental health of our pupils, staff and families.